

H1N1 Vaccine Update

The Yadkin County Health Department (YCHD) and some local physician's practices have received limited quantities of the 2009 H1N1 (Swine Flu) Vaccine. YCHD held a public H1N1 vaccination clinic on Saturday, October 31 from 9AM - 4PM. 593 doses of the vaccine were given. Starting Monday, November 2, 2009, the YCHD will offer the H1N1 Vaccine to children enrolled in its child health programs and to pregnant ladies enrolled in its maternity program by appointment only. When the YCHD receives additional vaccine another public vaccination clinic will be scheduled, hopefully before the end of November.

CDC's Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the H1N1 vaccine.

People in the CDC Outlined Risk Groups:

- Children ages 6 months to 24 years
- Pregnant women
- Household contacts and caregivers for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- Persons aged 25 through 64 years who have health conditions associated with higher risk medical complications from influenza.

Tips to Prevent Catching The Flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If no tissue, cough or sneeze in your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with the flu, stay home from work or school and limit contact with others to keep from infecting them.

Stay informed – For more flu information, visit www.flu.nc.gov, call N.C. CARE-LINE, 1-800-662-7030 or the YCHD at 336-679-4203.